

Individual Best Times (All Time)

Louise Scrowston - (1333932) - Bridlington SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.17	37.70	234	10/11/19	Scunthorpe Anchor Remembrance Meet 2019	Scunthorpe	NE192669	3
100 Freestyle	1:20.85	1:21.90	240	27/11/19	BASC CLUB Championships 2019	Bridlington	NE192665	4
200 Freestyle	3:05.50	3:07.40	210	04/12/19	BASC CLUB Championships 2019	Bridlington	NE192667	4
400 Freestyle	6:33.22	6:36.80	203	02/12/19	BASC CLUB Championships 2019	Bridlington	NE192666	4
50 Breaststroke	47.48	48.10	213	06/09/19	BCSC Time Night	Bridlington	NE192677	4
100 Breaststroke	1:43.61	1:44.80	218	13/07/19	BASC Seaside Special 2019	EAST RIDING LEISURE	NE191169	3
200 Breaststroke	3:52.03	3:54.30	195	02/07/21	Bridlington	East Riding	LEX2825	0
50 Butterfly	43.74	44.20	173	04/09/19	BASC Time Night	Bridlington	NE192676	4
50 Backstroke	44.98	45.40	176	10/11/19	Scunthorpe Anchor Remembrance Meet 2019	Scunthorpe	NE192669	3
100 Backstroke	1:40.61	1:41.40	162	06/09/19	BCSC Time Night	Bridlington	NE192677	4
200 Individual Medley	3:26.92	3:28.80	204	02/12/19	BASC CLUB Championships 2019	Bridlington	NE192666	4
100 Individual Medley	1:35.13	1:35.10	209	10/11/19	Scunthorpe Anchor Remembrance Meet 2019	Scunthorpe	NE192669	3